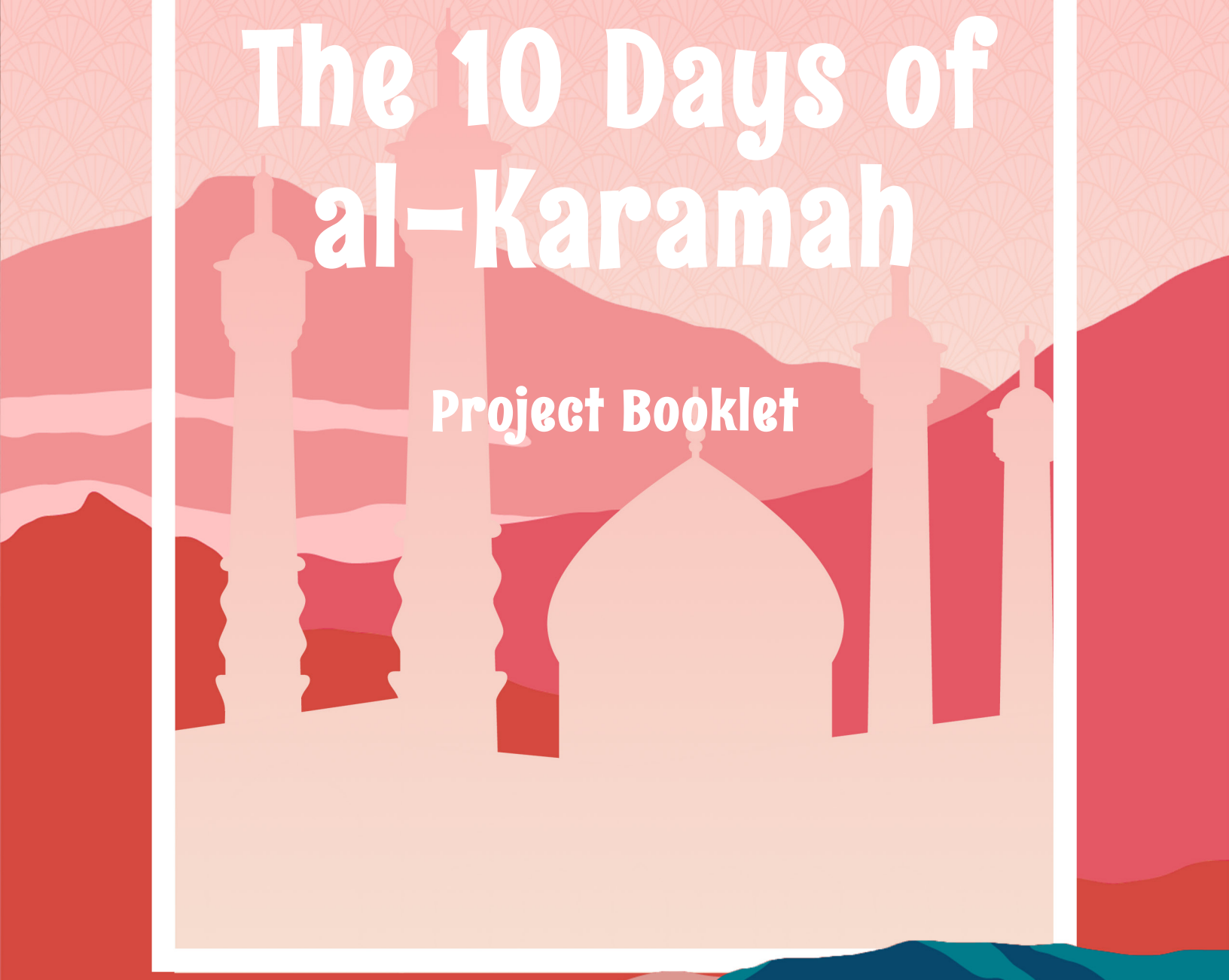
Book 2

The 10 Days of al-Karamah

Project Booklet



Under the Guidance of Moulana Nabi R. Mir (Abidi)

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Important dates in Dhul Qaʿdah

1st	Wilādah of Sayyidah Fāṭimah al-Maʿṣūmah (ʿa)
11th	Wilādah of Imām ʿAlī ar-Riḍā (ʿa)
25th	Daḥw ul-Arḍ (when the Earth was spread)
29th	Shahādah of Imām Muḥammad at-Taqī (ʿa)

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INFORMATION AND INSPIRATION:

al-Islam.org

Paper Plate Fruits: Crafts by Amanda

cover: freepik.com

بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ

Dear Brothers and Sisters,

Salāmun ʿalaykum! May Allah (swt) bless you and your families.

Alḥamdulillāh, we have gained blessings in the holy month of Ramaḍān, but we always want to keep our souls spiritually charged. Now with the month of Dhul Qaʿdah, we can begin the Ten Days of al-Karāmah. These ten days are celebrated with the *wilādah* of two blessed personalities: Imām ʿAlī ar-Riḍā (ʿa) (11th Dhul Qaʿdah), and his sister Sayyidah Fāṭimah al-Maʿṣūmah (ʿa) (1st Dhul Qaʿdah).

Al-Karāmah is a very high level of connection to Allah (swt) that one can reach. We can understand *karāmah* as honor, dignity, and kindness that is achieved through *taqwā*, or God consciousness. This level of human spirituality is reached through sincerity and a conscious effort to achieve nearness to Allah (swt).

One important route to reach *karāmah* is to make sure that we properly recognize *maʿrūf*, that which is good, and *munkar*, that which is bad and ugly. What is good and bad are defined by Allah (swt)—the Creator—in the Qurʾān and by Ahl al-Bayt (ʿa) through ḥadīth. Only when we recognize what is good and bad can we make good choices, gain *taqwā*, and pave our path toward becoming *karīm*. During these ten days of *al-Karāmah*, when we honor the bond of siblings and family, we should remember how Ahl al-Bayt (ʿa) dealt with those near to them. They were more strict with those that were close to them out of love, and felt responsibility toward them. They didn't want their close ones to fall into *ḥarām* or ruin the reward of their good deeds.

One of the personalities we remember during this week is Sayyidah Fāṭimah al-Maʿṣūmah (ʿa). She is a prime example of one who has reached this lofty status. She dedicated her entire life striving for this rank, and was thus bestowed the title of *Karīmah* by the Ahl al-Bayt (ʿa).

Sayyidah Fāṭimah al-Maʿṣūmah (ʿa) was the door to Imāmat, and because both hers and Imām ʿAlī ar-Riḍā (ʿa) birthdays fall in Dhul Qaʿdah, we take this opportunity to understand and celebrate the ten days of *al-Karāmah*. She had a very special bond with her brother, Imām ʿAlī ar-Riḍā (ʿa). It is a bond that cannot be broken by time or distance. When the Imām (ʿa) was forced to leave Medina, she became very sad. She decided to follow her brother to Iran, but passed before she could meet him. This year, we encourage everyone to think about the bond with their siblings, or anyone that is like a sibling, and work to strengthen that bond. Whatever issues or problems there may be, make an effort to resolve them.

In honor of these blessed days, we are pleased to launch the annual Days of al-Karāmah Project Booklet. This booklet includes five lesson plans that have been put together in collaboration with scholars and educators. We pray that through the lessons in this booklet, we are able to achieve high levels of *ikhlāṣ* (sincerity), *karāmah* (honor), and *ʿizzah* (dignity), inshāʾAllāh.

Jazākallāh khayr and best wishes,
Nabi R. Mir (Abidi)
Resident ʿĀlim of SABA Islamic Center

The 10 Days of Al-Karāmah

Objective: Students will learn about the purpose of the 10 days of al-Karāmah.

Today marks the beginning of Dhul Qaʿdah, the 11th month of the Islamic calendar. It also marks the beginning of the days of al-Karāmah. On this day, we celebrate the wilādah of Sayyidah Fāṭimah al-Maʿṣūmah (ʿa), the sister of Imām ʿAlī ar-Riḍā (ʿa). These days of al-Karāmah end with the wilādah of Imām ʿAlī ar-Riḍā (ʿa) on the 11th of Dhul Qaʿdah. But these 10 days are more than just celebrating the birthdays of two special maʿṣūmīn. Let us take a look at the significance of these days, and the meaning of al-Karāmah.

In the Noble Qurʾān, it says, "Indeed the noblest of you in the sight of Allah is the most God-conscious among you. Indeed Allah is the All-knowing, All-aware."[1] What does it mean to be God-conscious? Someone who is God-conscious is aware of Allah (swt) at all times, and does everything for the sake of Him. They have the potential to reach the high spiritual position of karāmah. We can understand karāmah as honor, dignity, and kindness, a level of human spirituality that is reached through sincerity and a conscious effort to achieve nearness to Allah (swt).

Now let's do an activity that will help us remember the key points of these special days, and ways we can reach al-Karāmah.

1 Noble Qurʾān 49:13

Al-Karāmah Story Bag

Suggested Ages: 5+

Time: 40 minutes

Materials:

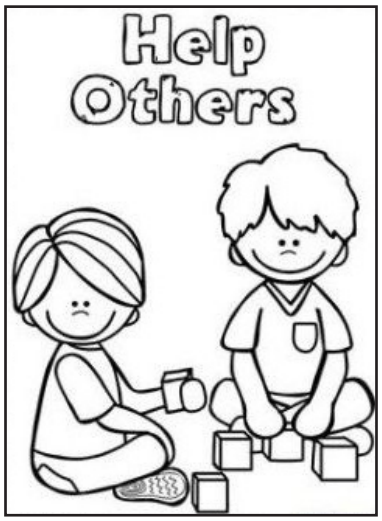
- Picture template
- Crayons/colored pencils
- Scissors
- Ziploc bag
- Markers

Procedure:

1. Color and decorate the pictures however you like.
2. Color and decorate the Ziploc bag however you like. (Optional: you can use a small drawstring bag or something else as the story bag).
3. Cut out each of the pictures from the template.
4. Each picture signifies something related to al-Karāmah. Go through each picture and talk about what each one signifies (the explanation of each is under each image).
5. As you go through each picture, add it to your story bag.

10

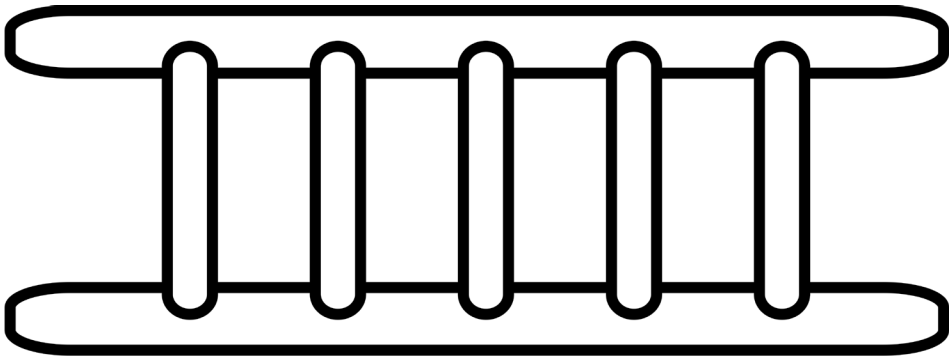
The 10 days of al-Karāmah



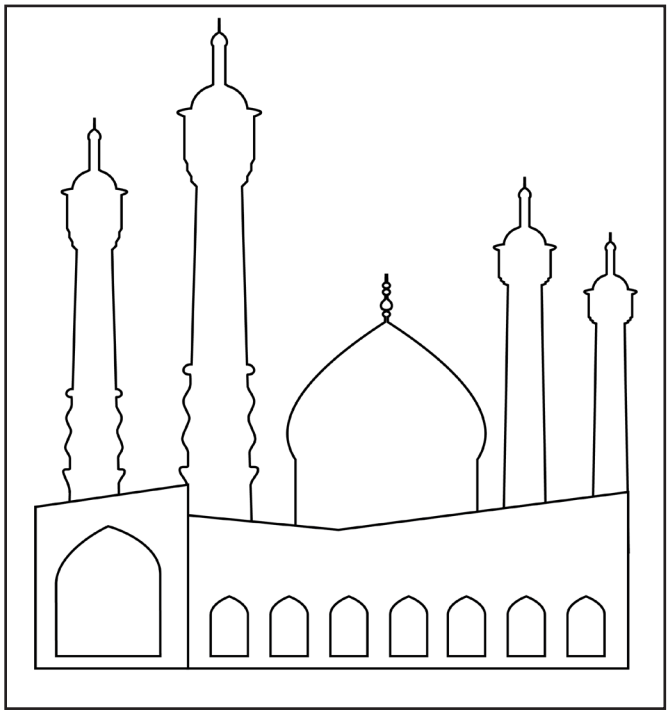
some good deeds we can do to show kindness toward others

11

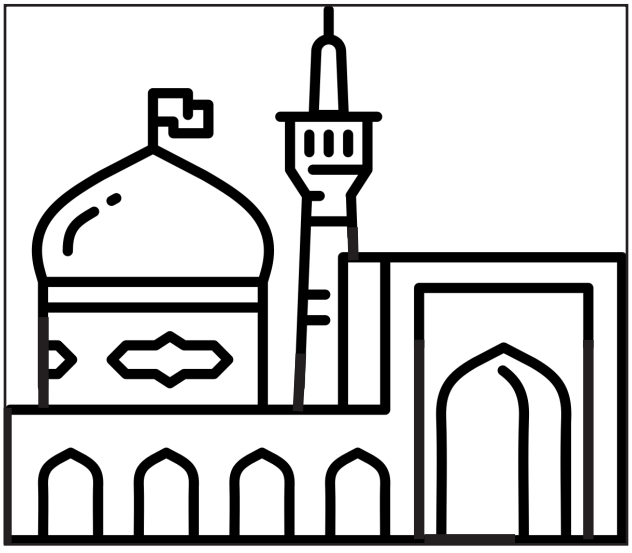
The 11th month of the Islamic year



a ladder, to signify the piety and good deeds we need to reach Allah



The shrine of Sayyidah Fāṭimah al-Maʿṣūmah (ʿa)



The shrine of Imām ʿAlī ar-Riḍā (ʿa)

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Frame the Name

Objective: Students will learn about the different titles of Sayyidah Maʿṣūmah (ʿa).

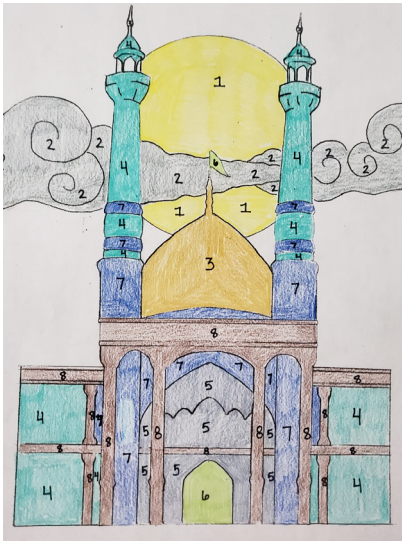
Today we are celebrating the wilādah of Sayyidah Fāṭimah al-Maʿṣūmah (ʿa). She was the daughter of Imām Mūsā al-Kāẓim (ʿa) and the sister of Imām ʿAlī ar-Riḍā (ʿa). One of her titles is Karīmah of the Ahl al-Bayt (ʿa), the noble one of the family of the Prophet (ṣ).

One of her other titles is Maʿṣūmah, which was given to her by her brother, Imām ʿAlī ar-Riḍā (ʿa).[1] The word Maʿṣūm is also used when describing the 14 Maʿṣūmīn (ʿa), who are considered sinless and divinely protected. They understood the ugliness of sins and acted on that knowledge with their will power. Because of this, Allah (swt) granted them *ismah*, which means they are immaculate and free from sins. In the Qurʾān, it says, "Verily, Allah intends to keep all uncleanliness away from you, O Ahl al-Bayt, and to purify you thoroughly."[2] This verse shows the purity of the family of Prophet Muḥammad (ṣ).

Several scholars believe that some of the noble personalities from the household of the Noble Prophet (ṣ), such as Sayyidah Zaynab (ʿa), Ḥaḍrat ʿAbbās (ʿa) and Sayyidah Fāṭimah al-Maʿṣūmah (ʿa), have acquired a high state of purity because their taqwā and akhlāq is close to the Maʿṣūmīn (ʿa). They knew what was right and wrong, and acted accordingly, and they reached this level of purity through their efforts in practicing what was right. We can also strive to reach that level if we practice good deeds and avoid those deeds which take us away from Allah (swt). For example, if we don't lie because we know it is wrong, then we will be free from the sin of lying. Today we are going to do an activity where we can learn some of Sayyidah Maʿṣūmah's (ʿa) titles.

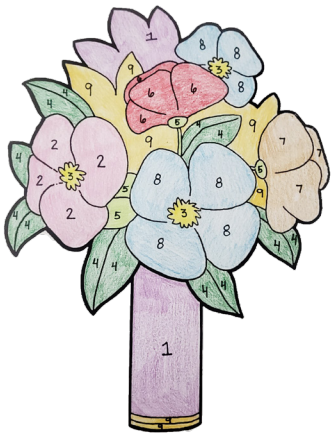
1 Nāsikh al-Tawārikh, Vol. 3, P. 68; Rayāhīn al-Sharīʿah, Vol. 5, P. 35
2 Noble Qurʾān 33:33

Titles Color By Number



Suggested Ages: 5+

Time: 40 minutes

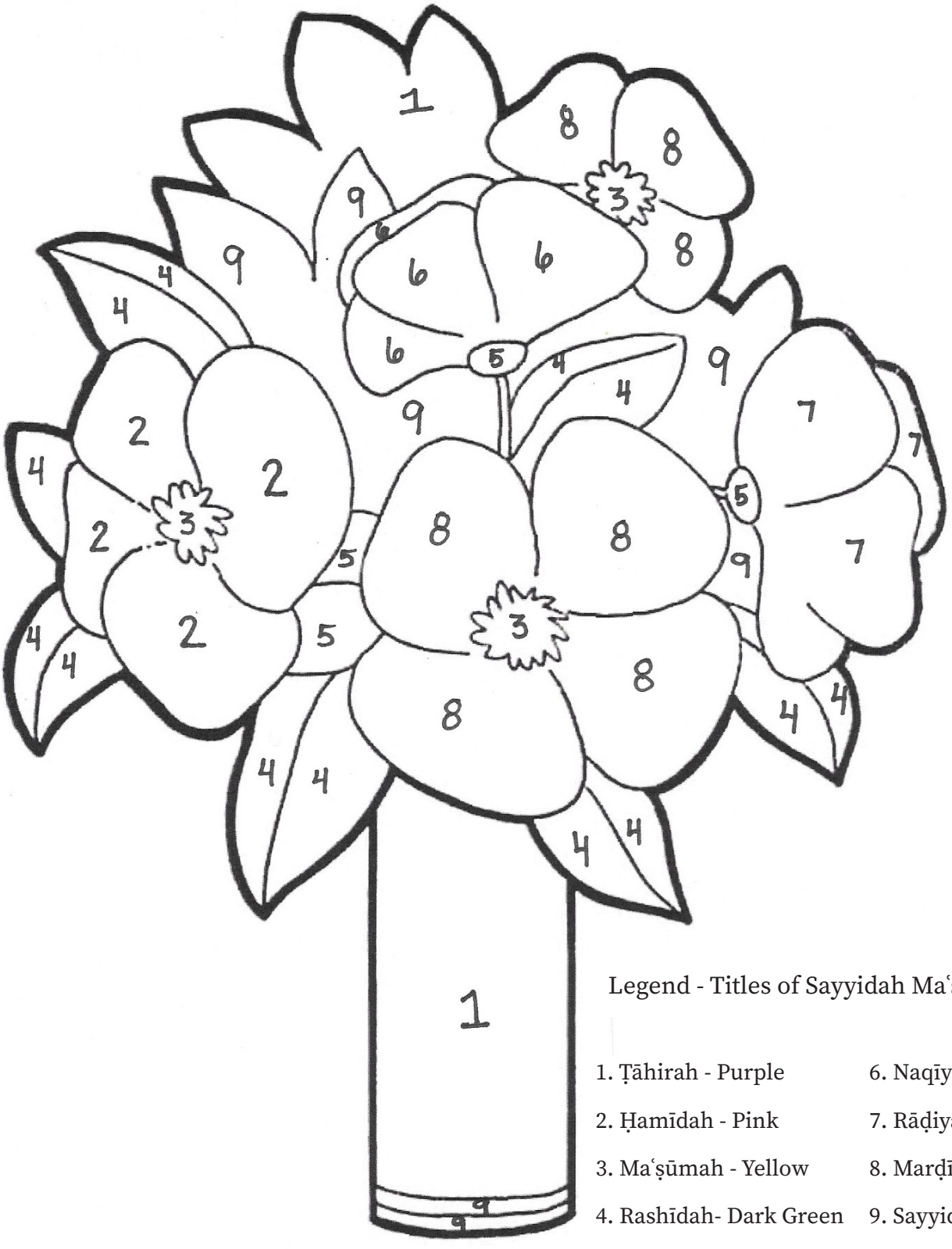


Materials:

- Color by number template
- Colored pencils
- Paint
- Paint brush

Procedure:

1. Choose one of the templates to color or paint
2. Use the legend related to a different title of Sayyidah Maʿṣūmah (ʿa) and color the picture accordingly.



Legend - Titles of Sayyidah Maʿṣūmah (ʿa)

1. Ṭāhirah - Purple
2. Ḥamīdah - Pink
3. Maʿṣūmah - Yellow
4. Rashīdah- Dark Green
5. Taqīyyah- Light Green
6. Naqīyyah- Red
7. Rāḍiyah - Beige
8. Marḍīyyah - Blue
9. Sayyidah - Orange

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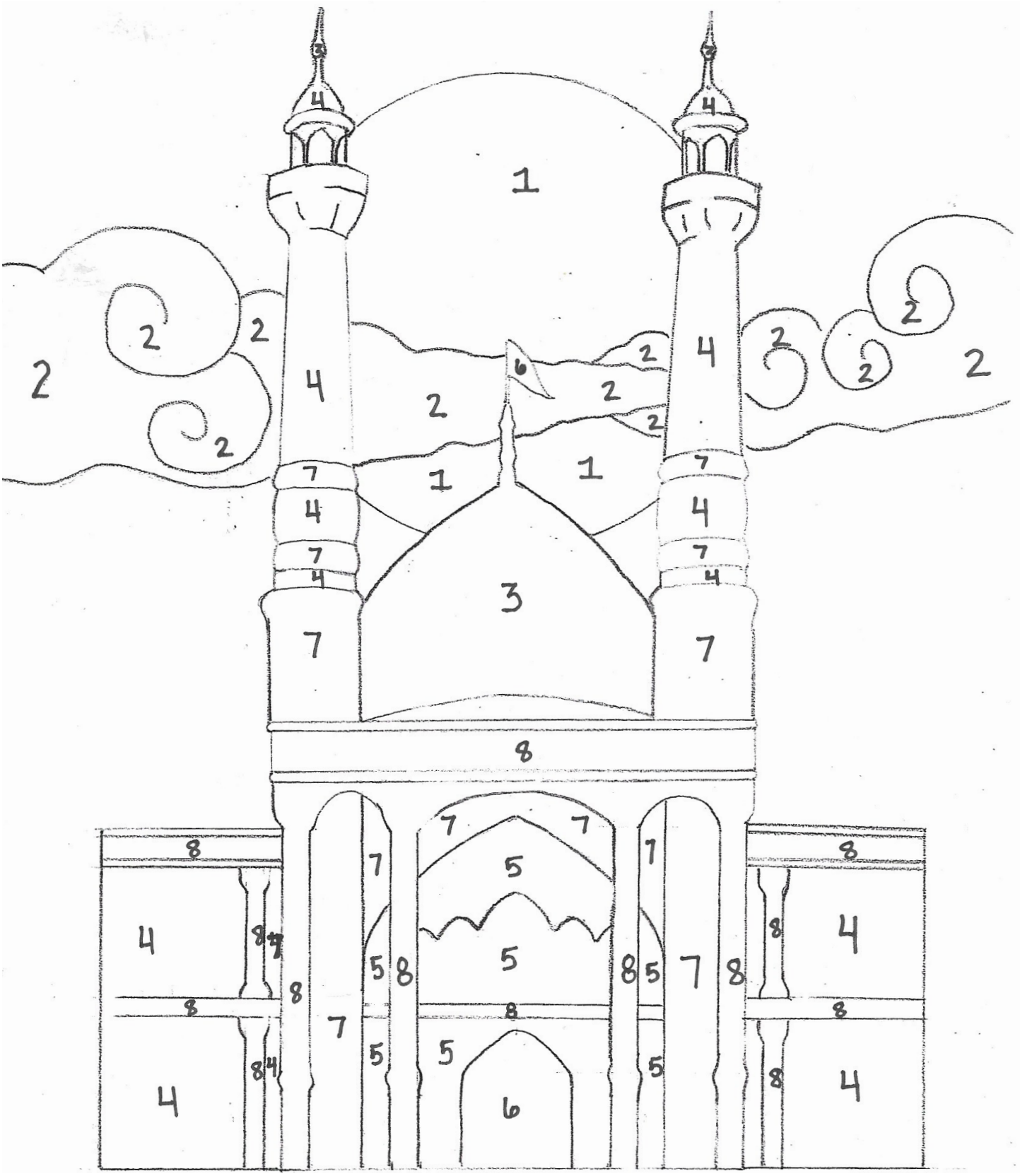

1. Ṭāhirah - Yellow
2. Ḥamīdah - Blue
3. Maʿṣūmah - Gold
4. Rashīdah- Teal
5. Taqīyyah- Light Gray
6. Naqīyyah- Light Green
7. Rāḍiyah - Navy
8. Marḍīyyah - Brown

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The Weight of Good Morals

Objective: Students will learn about the importance of having good morals.

During these days of al-Karāmah, we celebrate the wilādah of our 8th Imām, Imām ʿAlī ar-Riḍā (ʿa). One way we can celebrate his wilādah is by learning more about him and about the lessons he taught us. Imām ar-Riḍā (ʿa) has said, "Nothing will weigh more heavier in the *mizān* (scale) than good morals." This means that when our actions are weighed and measured in the hereafter, our good morals will have greater value. We should strive to have our good morals and actions weigh more than any mistakes we make, because that is what makes Allah (swt) happy and brings us closer to Him. What are some good morals we can have to get closer to Allah (swt)?

In order to see which good morals will bring us closer to Allah (swt), let us take a look at some of the qualities of our 8th Imām (ʿa).

- He did not turn away from anyone, whether they were his friends or his enemies; rather, he received them warmly and smiled at them.
- He did not interrupt anyone while they were speaking; rather, he let them talk until they finished talking.
- He did not stretch out his legs before those who sat with him.
- He did not call anyone a bad name, even if they mistreated him.
- He prayed abundantly and spent his nights praying and reciting the Qurʾān.
- He did a lot of good for the poor and gave alms to them.

From this, we can see that his qualities were the representation of all the virtues. Being kind, having piety, showing empathy towards others, being generous, and having patience are just a few good morals that we can have. By following the actions and teachings of our Imām (ʿa), we are showing our love for him. Today, we are going to do an activity that will help us see which morals weigh more.

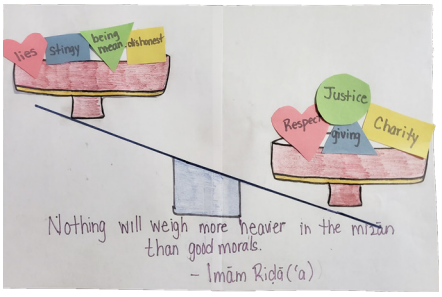
Morals Scale

Suggested Ages: 5+

Time: 40 minutes

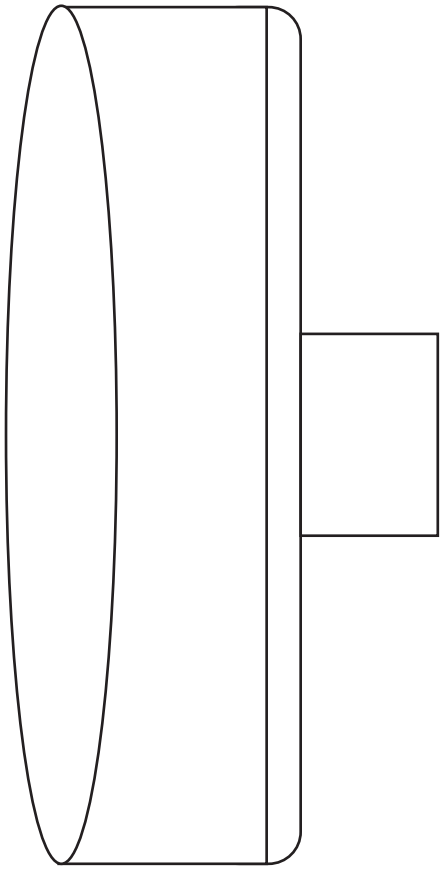
Materials:

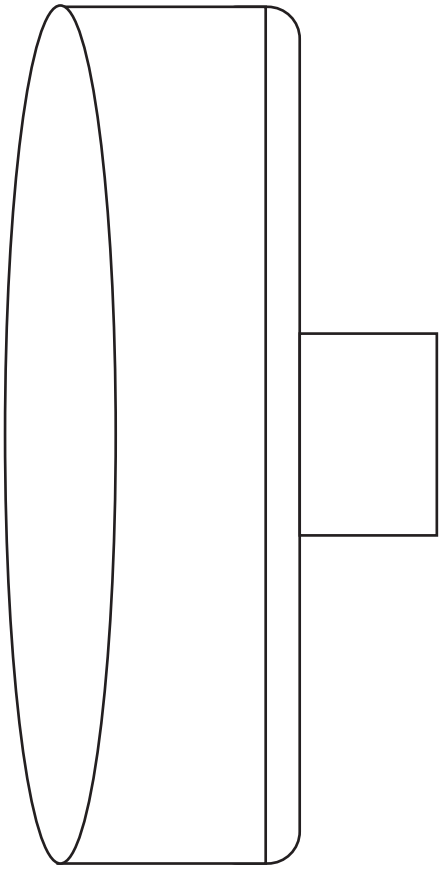
- 2 scale templates
- Construction paper
- Scissors
- Glue or tape
- 2 blank sheets of white paper
- Markers



Procedure:

1. Color and cut out both of the scale templates.
2. Attach the two pieces of blank paper together using glue or tape.
3. Using the construction paper, cut out 8 different shapes in different colors.
4. Pick 4 shapes and with a marker, write 1 bad moral on each shape. Write good morals on the other 4 shapes.
5. Starting at the left side of the paper, draw a diagonal line going downwards towards the right side of the paper. This is the scale.
6. In the middle of the line, draw a square underneath the line.
7. Glue one of the scale templates to the top left hand side of the paper.
8. Glue the other scale on the bottom right of the line.
9. Glue the bad morals so they appear to be on the scale on the left hand side. Glue the good morals to the right hand side on the scale, showing that good morals are weighted heavier.
10. Write the ḥadīth from Imām ar-Riḍā (ʿa) underneath the scale.





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Health is Wealth

Objective: Students will learn about the importance of taking care of our health.

There are many reasons to maintain our health. It is good to take care of ourselves so that we do not get sick and are able to do the things we need to do. When we have good health, we have more opportunities to follow our 12th Imām (ʿaj), please Allah (swt) and the Ahl al-Bayt (ʿa), and gain nearness to them. If we don't take care of our health, it is harder for us to do those actions that will please our Imām (ʿaj) and Allah (swt). Let us take a look at a few examples of healthy foods to eat.

Imām ar-Riḍā (ʿa) has described the benefits of watermelon, saying, "My grandfather Muḥammad (ṣ) said, '[Watermelon] has great qualities that I have gathered and described in order: water, sweet, refreshment, fruit, cure, food, seasoning, refreshes the bladder, purifies the face, and makes the breath pleasant'"[1]

Imām ar-Riḍā (ʿa) compiled many ḥadīth from Prophet Muḥammad (ṣ) and the Imāms (ʿa) before him in a book called Sahifat ar-Riḍā. It contains ḥadīth on many topics, including the benefits of various foods and fruits. Here are just a few ḥadīth from that book:

- "Eat pomegranate along with its flesh, for it cleanses the stomach."
- "Eat grapes one by one, for it is more wholesome and easier."
- "Eat dates before breakfast, for they kill the worms in the stomach."

The Imāms (ʿa) gave us guidance in all areas, including physical health, so we should learn more and take care of our health. Now we are going to make a craft that will help us remember the good and healthy fruits to eat that we learned about today.

1 Biḥār al-Anwār, Vol. 63, P. 194

Paper Plate Fruits

Suggested Ages: 5+

Time: 40 minutes

Materials:

- 4 paper plates
- Craft paint
- White and pink paper
- Markers
- Scissors
- Glue stick

Procedure:

1. Paint the front side of the paper plates the color of the fruits. There should be one green plate, one red plate, one purple plate, and one brown plate. Allow to dry.
2. Follow the directions for each piece of fruit below.
3. Watermelon:
    a. Cut a small circle from the pink paper, enough to cover the center of the green plate (if using white paper, color it pink).
    b. Glue it to the center of the green plate.
    c. Then cut the plate in half.
    d. Draw seeds using a brown marker.
4. Pomegranate:
    a. Cut a small circle from the white paper, enough to cover the center of the red plate.
    b. Fold the white circle in half, then in half again. It should be one fourth of the circle.
    c. With scissors, carefully cut out the center of the folded paper making sure to cut through all of the layers. Leave a border as thin or thick as you would like. This creates the inside of the pomegranate.
    d. Unfold the circle; it should look like a wagon wheel. Glue it to the red plate.
    e. Use a red marker to draw the pomegranate seeds in each section.
5. Grape:
    a. Cut a small curved rectangle from a white paper.
    b. Glue it to the purple plate near the top left; it should look like a small reflection on a grape.
6. Date: Using a dark brown marker, draw squiggly lines on the brown plate, to make it look like a date.

Importance of Kinship

Objective: Students will learn about the importance of family bonds and how to tighten them.

During these ten days of Al-Karāmah, we talk about 2 siblings and the special relationship between them. Sayyidah Fāṭimah al-Maʿṣūmah (ʿa) was very close to her brother Imām ʿAlī ar-Riḍā (ʿa). She was very sad when he had to leave Medina and missed him so much that she traveled to see him. Unfortunately, she passed away before she could reach him. From this, we can see the kind of bond they had as siblings, and just how much Sayyidah Maʿṣūmah (ʿa) loved her brother. Not only did she love her brother, but her bond with him was rooted in her recognition of his wilāyah and imāmat.

It also shows us the importance of loving our siblings and family, and keeping a strong bond with them. In the book Sahifat al-Riḍā by Imām ar-Riḍā (ʿa), one ḥadīth talks about tightening family bonds, saying, "Tightening the bonds of kin and good manners increases faith." This means that keeping our family ties firm, especially in times when they might seem to be getting weaker, is something that brings us closer to Allah (swt). Today, in honor of these 2 great siblings, we are going to do an activity that will give us some ideas on how to strengthen our family bonds.

"I Love My Sibling" Jar

Suggested Ages: 5+

Time: 40 minutes

Materials:

- An empty jar
- Blank paper
- Scissors
- Tape
- Markers

Procedure:

1. Decorate the jar however you like. You can write "I Love My Sibling" on it if you like.
2. Take the blank paper and cut out some strips long enough to write a phrase.
3. On each strip of paper, write different ways you can show kindness to your sibling. For example, helping them with a task, or comforting them when they are sad.
4. Fold each strip of paper and put them in the jar. Whenever you want to show kindness to your sibling, you can look through the jar for ideas

(Note: you can use the ideas in the jar to show kindness to anyone in your family, such as your mom, dad, cousin, or grandparent).

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